

SWIMMING PROGRESS & TRAINING TRACKER

Swimmer Name: _____

Level: _____

Blowing Bubbles / Face Submersion

Front Float (5 Seconds)

Back Float (5 Seconds)

MILESTONE: First Independent Lap

Freestyle Kick with Board (25m)

Introduction to Side Breathing

Treading Water (30 Seconds)

MILESTONE: 100m Continuous Swim

REWARD GOAL:

Upon completion of all milestones, I will earn:

Keep Pushing & Stay Hydrated & Have Fun